

# NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

Home

About

Disclaimer

Navy Medicine News

Navy Medicine WebSite

I AM Navy Medicine



Written on FEBRUARY 21, 2012 AT 8:15 AM by PROSS

## FOCUS for Couples

Filed under UNCATEGORIZED

[NO COMMENTS]

By Kirsten Woodward, director of FOCUS and Family Programs Division



We celebrated Valentine's day earlier this month. It is a holiday in which couples express their romantic thoughts for each other. The holiday celebrates love and is observed by exchanging candy & gifts. It's a holiday where couples can share their feelings of adoration toward one another and small tokens of affection.

But what if you and your loved one are having challenges? What if communication is a challenge? What if your significant other is not willing to connect? Perhaps stressors from

multiple deployments and separations are also at play and possibly even compounded by combat stress or Post Traumatic Stress Disorder? For these couples, any day can be a struggle just to converse let alone feel connected and whole as a healthy loving couple.

In our program FOCUS (Families Over Coming Under Stress) we are addressing these very issues through the core components of the program, known as *FOCUS for Couples*. One of the key components in *FOCUS for Couples* is the application of the program's tool – the “narrative timeline”. The narrative timeline is a verbal and visual tool that allows couples to describe challenges and stressors individually and within the relationship. Each partner identifies from the same point in time their perspective of the relationship issues and how this is impacting the functioning of the relationship. The visual ability to see each other's perspective allows for the couple to make meaning out of adversity; normalize distress; clarify confusion and misunderstanding; promote perspective taking and support expression of individual experiences.

Sharing experiences in systematic manner helps partners to make sense of what has been happening to each person and to their relationship. By the application of a narrative timeline allows the couple to improve communication and provide support to one another.

If you and significant other are experiencing relationship challenges, don't hesitate to contact your local FOCUS office at [www.focusproject.org](http://www.focusproject.org)

### Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

### Navy Medicine Social Media

 Follow us on Twitter

 Join us on Facebook

 Read our publications

 View our photo stream

 Watch our videos

### Navy Medicine Live Archives

March 2015 (3)

February 2015 (16)

January 2015 (12)

December 2014 (17)

← Next post

Previous post →